ENGLISH

Contents

1. GETTING STARTED 3
Get to Know Your Polar F11 3
Enter Basic Settings 4

2. BEFORE EXERCISE 5
Wear the Transmitter 5
Test Your Fitness Level 6
Get Your Workout Program 10

3. DURING EXERCISE 15
Record Your Exercise 15
Buttons During Exercise 16
Views During Exercise 17
Stop Recording and View Summary 19

4. AFTER EXERCISE 20
Diary 20
Follow-Up 22
Files 23
Data Transfer 27

5. SETTINGS 28
Exercise Settings 28
OwnZone 30
Other Settings 32

6. CUSTOMER SERVICE INFORMATION 35
Caring for Your Heart Rate Monitor 35
Precautions 38
Troubleshooting 42
Technical Specification 43
Guarantee and Disclaimer 44

1. GETTING STARTED

Get to Know Your Polar F11

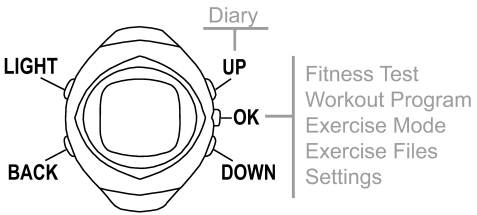
Wrist Unit displays and records your heart rate and other exercise data during exercise. Buttons:

UP/DOWN: Move thru menu and selection lists, and adjust values.

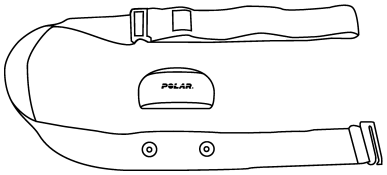
OK: Enter menu and confirm selections.

LIGHT: Illuminate display.

BACK: Exit menu and return to previous level. Cancel selection and leave setting unchanged.



Transmitter sends the heart rate signal to the wrist unit. The transmitter consists of a connector and strap.



Enter Basic Settings

1. To activate your Polar F11, press OK twice. Once activated, it cannot be switched off!
2. **WELCOME TO POLAR FITNESS WORLD** is displayed. Press OK.
3. **Language**: Select **ENGLISH, DEUTSCH, ESPAÑOL, FRANÇAIS** or **ITALIANO** with UP/DOWN. Press OK.
4. **START WITH BASIC SETTINGS** is displayed. Press OK.
5. **Time**: Select either 12 H or 24 H.
6. **Date**: Enter date; dd = day, mm = month, yy = year.
7. **Units**: metric (KG/CM) or imperial (LB/FT). By selecting LB/FT, calories are displayed as Cal, otherwise they are shown as kcal.
8. **Weight**: Enter your weight. To change units, press and hold LIGHT.
9. **Height**: Enter your height. In LB/FT format, first enter feet then inches.
10. **Birthday**: Enter your date of birth; dd = day, mm = month, yy = year.
11. **Sex**: Select **MALE** or **FEMALE**.
12. **SETTINGS OK?** is displayed. **YES**: settings are accepted and saved. The display returns to Time mode. **NO**: Basic settings can still be changed.

Press BACK to return to the data you want to change.

After saving the basic settings, the F11 enters Time mode.

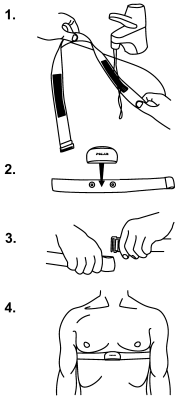
2. BEFORE EXERCISE

Wear the Transmitter

Wear the transmitter to measure heart rate.

1. Wet the electrode areas of the strap under running water and make sure that they are well moistened.
2. Attach the connector to the strap. Adjust the strap length to fit snugly and comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position.

Detach the connector from the strap when not in use.



Test Your Fitness Level

The Polar Fitness Test™ is an easy, safe, and quick way to measure your aerobic (cardiovascular) fitness at rest. The Polar Fitness Test is developed for healthy adults.

Polar OwnIndex is a result of this test. It is comparable to maximal oxygen uptake (VO_{2max}), which is commonly used to evaluate aerobic fitness. Your OwnIndex reading is most meaningful when comparing your individual values over time.

To make sure the test results are reliable, the following basic requirements apply:

- The more relaxed you are and the more peaceful the testing environment is the more accurate the test result. (No television, telephone or other people talking to you.)
- Repeat the test always in similar conditions and on the same time of day.
- Avoid heavy physical effort, alcohol and unprescribed pharmacological stimulants on the test day and the day before. Avoid eating a heavy meal and smoking 2-3 hours prior to the test.

You can stop the test at any time by pressing BACK.

Read more about Fitness on Polar Article Library at http://articles.polar.fi.

Perform Polar Fitness Test

Before you start, make sure that your user settings are correct!

1. Wearing the transmitter, lie down and relax for 1-3 minutes.

2. Select **Test** > **TEST**. The fitness test begins instantly.

3. Approximately 5 minutes later, a beep indicates the test has ended. **OwnIndex** is displayed with a numerical value and a written fitness level description.

4. Press OK and **UPDATE USER SET?** is displayed. Select **Yes** to save the OwnIndex value to your User Settings and Fitness Test Trend menu. Select **No** only if you know your VO_{2max} value, and if it differs more than one fitness level class from the OwnIndex result. Your OwnIndex value is saved only to the Fitness Test Trend menu.

Troubleshooting:

- **Activity** > You have not set your activity level in User Settings. Read more information on page 33.
- **USER SETTINGS MISSING** > Press OK to complete all your settings.
- **Fitness Test Failed** > Your most recent OwnIndex value is not replaced.
- **No heart rate shown** > Test fails. Check that the transmitter electrodes are moist enough and that the strap is snug enough around your chest.

Fitness Test Results

Your OwnIndex is most meaningful when comparing your individual values and changes in them over time. OwnIndex can also be interpreted based on gender and age. Locate your OwnIndex on the table, and find out how your aerobic fitness compares to others of the same gender and age.

This classification is based on a literature review of 62 studies where VO2max was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. *Aviat Space Environ Med*; 61:3-11, 1990.

Age	VERY LOW	LOW	FAIR	MODERATE	GOOD	VERY GOOD	ELITE
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-15	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

MEN
WOMEN

Fitness Test Trend

Select **Test** > **TREND**

In the Trend menu, you can see how your OwnIndex value has been developing. Up to 47 OwnIndex values and respective dates can be included in the display.

To delete an OwnIndex value, press and hold LIGHT. **DELETE VALUE?** is displayed. Select **YES**.

Generally, it takes an average of six weeks of regular training to improve your aerobic fitness noticeably. To best improve your aerobic fitness, you need to exercise large muscle groups.

Get Your Workout Program

The Polar Keeps U Fit - Own Workout Program guides towards your fitness goals.

1. Select **Program** > **CREATE**.
2. Your latest **OwnIndex** value is displayed. Adjust the value if required.
3. Select your exercise **Target**:
   MAXIMIZE your fitness level: You have been exercising regularly for at least 10-12 weeks and are able to train nearly every day. The program recommends about 5 h/week in 4-6 sessions.
   IMPROVE your fitness level: You are able to exercise regularly. The program recommends about 3 h/week, in 3-5 sessions.
   MAINTAIN your fitness level: If you have not exercised recently, this is a good place to start. The program recommends about 1½ h/week in 2-3 sessions.
4. Select the number of times a week you want to exercise (**Exe.Count**).
5. **YOUR PERSONAL PROGRAM** and your weekly exercise targets are displayed in a few seconds. Scroll UP and DOWN to examine your program in different views.

Troubleshooting:

- **OWNINDEX MISSING. DEFAULT USED** > Perform Polar Fitness Test.
- **START WITH BASIC SETTINGS** > Press OK and complete your personal settings.
- **OVERWRITE CURRENT?** > Select **YES** to create a new program and to replace the excising one.

View Your Workout Program

Select **Program** > **EDIT**

Weekly Targets
Number of exercise sessions per week
Total exercise time per week
Total calorie to expend per week

Weekly HR Zones shows the heart rate intensity zone, **Light** / **Moderate** / **Hard**, of your weekly workout
The height of the bar indicates the weekly time that should be spent in each exercise intensity zone. To view the time to be spent in each intensity zone, press OK. To return to the Weekly HR Zones view, press BACK.

Weekly Exercises
A summary of your weekly exercises sessions.
To view the targets of each exercise, press OK and select the exercise you wish to examine.

Targets
Press UP/DOWN to view the target time, calories and intensity zones of each session.
Press BACK to return to the Weekly Exercises view.

Edit Your Workout Program

- To add an exercise session select **Program** > **EDIT** > **Weekly Exercises** > **ADD**. Enter **Duration**. Press DOWN to view the added exercise session's heart rate intensity zones.

- To edit the duration of an exercise session in program select **Program** > **EDIT** > **Weekly Exercises** > The exercise you wish to edit. Select **YES** to **EDIT DURATION?**. Adjust the duration and press OK.
  When you edit your programmed exercises, the rest of the data regarding that exercise session and your weekly exercise targets are automatically updated.

- To delete an exercise session select **Program** > **EDIT** > **Weekly Exercises** > The exercise you wish to delete.
  Press and hold **LIGHT**. Select **YES** to **DELETE EXERCISE?** and **ARE YOU SURE?**.
  After you have deleted an exercise session, you cannot restore it!

- To turn your workout program on/off, select **Program** > **SETTINGS** > **ON/OFF**.
  When your program is switched off, it remains in the memory but the exercise targets do not show in the Diary view and you cannot select program exercise sessions in the Exercise menu.

Troubleshooting

- **Empty** > Create a program.

Program Settings

Select **Program** > **SETTINGS**

OWNZONE: Turning OwnZone on means that your heart rate monitor determines your target heart rate zone automatically in the beginning of every exercise. The OwnZone function recommends for optimal exercise intensity based on your current condition. Note that switching OwnZone on/off affects all program exercises. For more information on Polar OwnZone, see page 30.

RENAME: You can rename each exercise session by using eight letters.

3. DURING EXERCISE

Record Your Exercise

1. Wear the transmitter and wrist unit. Start heart rate measurement by pressing OK. Preferably, there should be no other heart rate monitors nearby (within 1m / 3ft) to avoid interference.

2. Within 15 seconds, your heart rate appears on the display.

3. Press OK. **Exercise** and the name of the next exercise session alternate in the top row. Record the exercise session by selecting **START** and pressing OK.
   You can change your exercise session and adjust Exercise settings by selecting **SETTINGS**. For more information, see page 28.

4. Press **BACK** to stop recording. Select **EXIT** to view an exercise summary.

Troubleshooting:

- Your exercise information is saved only if the stopwatch has been on for more than one minute.
- **OwnZone** > Your heart rate monitor has started to determine your target heart rate zone automatically. Skip the process by pressing OK. In this case, if you have not determined your OwnZone before, your age-based heart rate limits are used. For more information on determing OwnZone, see page 31.
- **START WITH BASIC SETTINGS** > Press OK to complete your Basic settings.

Buttons During Exercise

LIGHT

- Press once and the display will light up with every button press.
- Press and hold to lock or unlock buttons.

BACK

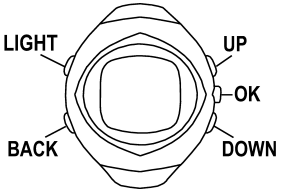
- Pause / exit exercise recording.

UP / DOWN

- Change exercise mode view.
- Press and hold UP to customize Exercise and Calories views. Choose the upper row information from Time of day, Calories/Stopwatch and Fitness bullets. A fitness bullet appears for every 10 minutes in the target zone equaling one hour in total if all the bullets appear.

OK

- Press and hold to change exercise settings without pausing the exercise recording.



Bring the wrist unit near the transmitter to see the time of day in Exercise mode.

Views During Exercise

View combinations of exercise data. Switch displays with **UP/DOWN**.

Exercise
Stopwatch
Heart rate

Calories
The calories expended
Heart rate

InZone view is only displayed when you have set heart rate limits active.
InZone symbol and time spent in zone*
Lower / upper limit values and Zone Pointer
Heart rate

*Smiley face means that OwnZone determination was succesful.

HR zones are only displayed when you have selected a program exercise
The time spent in your present intensity zone
The intensity zone symbol shows you the zone you are in at the moment
The target intensity zone bar is highlighted, if you are within your target zone
Heart rate

Exercise targets are only displayed when you have selected a program exercise
Exercise name
Target duration
Target calories
Heart rate

Stop Recording and View Summary

Press BACK to pause exercise recording. Select **EXIT** to stop recording and to view a **Summary** of your exercise session:

Summary
Exercise duration (hh.mm.ss)
Calories burned during exercise (Cal/kcal)
The maximum (max) and average (avg) heart rate of the exercise session (bpm/%HR_{max}) alternate

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Wash the strap regularly in a washing machine or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter.

For complete instructions, consult Care and Maintenance.

4. AFTER EXERCISE

Diary

In the Diary, you can compare achieved exercise duration, quantity and calories in different intensity zones to your target values. Diary contains data for the current calendar week only, and records exercise data only if the session lasts at least ten minutes.

To enter Diary, on Time display, press UP.

Diary
The three bars stand for exercise count (#), exercise time (Ø) and expended calories (c).
Press OK and UP/DOWN to examine more details.

Exe.Count / Exe.Time / Calories
Weekly target exercise count/duration/calories (The relevant bar is highlighted.)
The total exercise count/duration/expended calories you have achieved
Press BACK to return the Diary view. Press DOWN to enter the HR zones view.

HR zones
The three bars stand for Light, Moderate and Hard heart rate zone. Press OK and UP/DOWN to examine more details.

Light / Moderate / Hard
Your target exercise duration in concerned zone
The relevant bar is highlighted
The exercise duration in zone
Note: When you press BACK to return to the Diary or HR zones view, the value you last viewed will be set as a default value on the bottom row of the Diary or HR zones view.

Follow-Up

Every Sunday at midnight, your Polar F11 automatically reviews your progress, resets the Diary and Heart Rate Zone views, saves Diary data to Weekly File and reminds you to check your Diary with an envelope symbol.

At in the beginning of each month, if you have not performed the Fitness Test for 30 days, your Polar F11 will automatically remind you to do so by displaying **TEST YOUR OWNINDEX**.

To open the reminder, press UP and OK.

Result
Total exercise count of the last week
Total exercise duration
Total calories burned while exercising (Cal/kcal)
Percentage of the weekly target reached (if the program is on)

A trophy symbol is all yours for the following week if you have reached at least 75 % of your weekly target. Well done!

Files

Daily File

Select **File** > **DAILY**

In the Daily File, view detailed exercise information from your 12 most recent exercise sessions.

When the File becomes full, the oldest information is replaced by the most recent. To save the exercise data for a longer period, transfer the file to the polar**personaltrainer**.com web service. For more information, see page 27.

Exercise name is shown if a program exercise was selected, otherwise **Exercise**
Each bar represents a session. The higher the bar the longer the exercise.
Date of the exercise

Select an exercise you wish to view with UP/DOWN and OK.

Duration
Name of the exercise
Time session started
Exercise duration (hh.mm.ss)

Calories
Calories expended while exercising (Cal/kcal)
Fat percentage of the burned calories

Heart Rate
Maximum (**Max**) and average (**Avg**) heart rate in beats per minute alternate with the percentage of maximum heart rate reading

HR zones are only displayed when an exercise from your workout program was chosen
Press OK to view information for the **Light, Moderate** and **Hard** intensity zones.

Light / Moderate / Hard
The intensity zone bar is highlighted when examined
Exercise duration in the zone
Press BACK to return to the **HR zones** view.

Time in Zone view is only displayed if a manual exercise was carried out and HR limits were set on.
Heart rate limits
Exercise duration between heart rate limits

To delete a Daily File, press and hold LIGHT in **Duration** view until **DELETE FILE?** is displayed. Select **YES**. **ARE YOU SURE?** is displayed. Confirm deletion with **YES**.

Weekly File and Totals File

Select **File** > **WEEKLY** or **TOTALS**

In the Weekly and Totals Files, you can view exercise count, duration, and burned calories from the last 12 weeks or starting from the previous reset.

Weekly File
EXE.COUNT / EXE.TIME / CALORIES / HR ZONES
The last Sunday of the selected week
The height of a bar indicates the week's total exercises / exercise time / expended calories / time spent in target zones
Cumulative count for the week's total exercises / exercise time / expended calories / time spent in target zones*

* Press OK to view the exercise duration in different intensity zones.

Totals File
Total Exe.Count / Duration / Calories
The last reset date
Total cumulative exercise / duration / expended calories count, starting from the previous reset

To empty the Totals File, press DOWN until **Reset Total Counters?** is displayed. Press OK and select the information you wish to erase. **ARE YOU SURE?** is displayed. Confirm deletion with **YES**.

Data Transfer

Your Polar F11 offers two means of data communication with a PC:

- Send data with Polar WebLink™: Transfer data to the polar**personaltrainer**.com web service using Polar WebLink software. For this you need to register for polarpersonaltrainer.com web service. You will find detailed instructions on how to send data at Polar WebLink's Help file.

- Receive data with Polar UpLink™ Tool: Edit settings and upload logos from a PC to your wrist unit using Polar UpLink Tool software.

Fore more information about system requirements, see page 43. To download the Polar WebLink and Polar UpLink Tool free of charge visit www.polar.fi.

5. SETTINGS

Exercise Settings

Select **Exercise** > **SETTINGS**

- **EXERCISE**: You can choose an exercise only if your workout program is activated. Choose an exercise session by pressing OK. **SELECT** the exercise or **VIEW** session targets. In a **MANUAL** exercise there are no preset goals.

- **HR ALARM**: Adjust the target zone alarm sound volume.

- **HR LIMITS**: In a program exercise your target heart rate limits are automatically defined. If you have chosen a **MANUAL** exercise session or you have set the program off, you can choose to exercise from four different heart rate limits:

1. **OWNZONE**: The wrist unit determines your individual target heart rate zone automatically in the beginning of every exercise. Select **HARD, MODERATE, LIGHT** or **BASIC** intensity for your OwnZone.
2. **AUTOMATIC**: Limits are determined using an age-based formula (220 minus age). Choose **HARD, MODERATE, LIGHT** or **BASIC**. Make sure you have entered the correct date of birth in User Settings!
3. **MANUAL**: Set your target heart rate limits manually.
4. For exercise without any given limits, select **OFF**.

- **HR VIEW**: Select **HR** to display your heart rate in beats per minute (bpm) or **HR%** to view a percentage of maximum heart rate.

Choose your OwnZone or Automatic heart rate limits from four exercise intensities:

- **HARD** (80-90% HR_{max}) is for a relatively short exercise at high intensity.
- **MODERATE** (70-80% HR_{max}) is effective particularly for improving aerobic fitness. It is recommended for people exercising regularly.
- **LIGHT** (60-70% HR_{max}) is good for improving health and fitness. It also improves basic endurance and helps you to recover from heavier exercise.
- **BASIC** (65-85% HR_{max}) is suitable for aerobic intensity exercise.

OwnZone

Your Polar F11 automatically determines your individual and safe exercise intensity zone, your OwnZone. The function guides you through warm-up. Your OwnZone limits may vary daily, depending on your physical and mental condition.

You can select an exercise intensity from four different heart rate zones: Light, Moderate, Hard, and Basic. For more information on exercise intensities, see page 29.

It is advisable to use OwnZone every time you exercise, or at least,

- When changing exercise environment or exercise mode.
- When taking up exercise after more than a week's break.
- If you are feeling unusual. For example, if you are not recovered from previous exercise, not feeling well or are stressed.
- After changing your user settings.

OwnZone has been developed for healthy persons. Some health conditions may cause heart rate variability-based OwnZone determination to fail, e.g. high blood pressure, certain cardiac arrhythmias, and some medication. In such cases, your age-based limits will be used for OwnZone determination.

Determining Your OwnZone

Find your OwnZone limits in 1-5 minutes during warm-up by walking, jogging, or doing some other sport. Before you start, make sure that your User settings are correct and the OwnZone function is activated.

1. Start recording the exercise. The OwnZone symbol appears on the display and determination begins. The process is carried out in five stages. A beep will signal the end of each stage. Avoid stopping during OwnZone determination.

- **OZ** > Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm/ 50% HR_{max} during this first stage.
- **OZ** > > Walk at a normal pace for 1 min. Smoothly increase your heart rate about 10 bpm/ 5% HR_{max}.
- **OZ** > > > Walk at a brisk pace for 1 min. Smoothly increase your heart rate about 10 bpm/ 5% HR_{max}.
- **OZ** > > > > Jog at a slow pace for 1 min. Smoothly increase your heart rate about 10 bpm/ 5% HR_{max}.
- **OZ** > > > > > Jog at brisk pace or run for 1 min.

2. When you hear two, consecutive beeps, your OwnZone has been determined. **OwnZone Updated** alternates with the heart rate limits on the display after a succesful determination. If OwnZone determination fails, **OwnZone Limits** and your previous OwnZone limits will appear on the display. If OwnZone has not previously been determined, age-based limits will be used.

3. Proceed with your exercise. Try to stay inside the given heart rate zone to maximize exercise benefits.

Other Settings

WATCH settings

Select **Settings** > **WATCH**

- **TIMER**: Set the countdown timer to sound once. Restart the timer by pressing and holding OK while it is running, or stop it by pressing BACK. To hide the running timer, press and hold UP.

- **REMIND**: You can activate seven different reminders in your Polar F11. To create a new reminder, select **ADD**. Enter **Date** and **Time**. Select when the reminder alarm will be activated: **1 DAY, 1 HOUR, 30 MIN**, or **10 MIN** before or at the reminder time (**ON TIME**). Determine whether the reminder should sound at the same time **YEARLY, MONTHLY, WEEKLY, DAILY, HOURLY**, **ONCE**, or turn the reminder **OFF**. Select an exercise to be linked to the reminder, or **NONE** if you do not want to link it. **Rename** the reminder if you like.
  Choose an excisting reminder to change it's attributes or to **DELETE** it.
  Stop the alarm sound by pressing LIGHT. Press OK to snooze for 10 minutes and BACK to exit the reminder view.

- **ALARM**: Set the alarm to sound **DAILY**, from Monday to Friday (**MON-FRI**) or turn it **OFF**. The alarm functions in all modes except in Exercise mode. Press BACK to stop the alarm or OK to snooze for 10 minutes.

- **TIME / TIME2**: Set two different time of day settings. In Time mode, quickly change from Time1 to Time2 by pressing and holding DOWN.

- **DATE**: Set the date.

HR SET (Heart rate settings)

Select **Settings** > **HR SET**

- **HR ALARM**: Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF**.

- **HR VIEW**: Select **HR** (beats per minute), or **HR%** (a percentage of your maximum heart rate).

USER settings

Select **Settings** > **USER**

- **Weight**: To change units press and hold LIGHT.
- **Height**: To change units press and hold LIGHT.
- **Birthday**: Adjust your date of birth.
- **Sex** : Select **MALE** or **FEMALE**.
- **Activity**: Select the alternative that best describes the overall amount and intensity of your physical activity during the past three months.
  1. **TOP**: You participate in heavy physical exercise at least 5 times a week, or you exercise to improve performance for competitive purposes.
  2. **HIGH**: You participate at least 3 times a week in heavy physical exercise, e.g. you run 10-40 km or 6-25 miles per week or spend 2-4 hours per week in comparable physical activity.
  3. **MODERATE**: You participate regularly in recreational sports, e.g. you run 5-10 km or 3-6 miles per week or spend ½-2 hours per week in comparable physical activity, or your work requires modest physical activity.
  4. **LOW**: You do not participate regularly in programmed recreational sport or heavy physical activity, e.g. you walk only for pleasure, or exercise hard enough to cause heavy breathing or perspiration only occasionally.

- **HR max** (the highest number of heartbeats per minute (bpm) during maximum physical exertion): Change the default value only if you know your laboratory-measured value. For more information, see http://support.polar.fi.
- **VO2 max** (the maximum capacity for oxygen consumption by your body during maximum exertion): Change the default value only if you know your laboratory-measured value. For more information, see http://support.polar.fi.
- **HR sit**: Your typical heart rate when you are not doing any physical activity (while sitting). To determine HR_{sit}, wear your transmitter, sit down and do not engage in any physical activity. After two or three minutes, press OK in Time mode to view your heart rate. This is your HR_{sit}. For a more precise measurement, repeat the procedure several times and calculate your average.

GENERAL settings

Select **Settings** > **GENERAL**

- **SOUND**: Adjust button and activity sounds; **VOL 2** (loud), **VOL 1** (quiet), or **OFF** (no sounds).
- **KEYLOCK**: To lock or unlock buttons **MANUAL**ly, press and hold LIGHT. **AUTOMATIC** keylock is activated when you have not pressed the buttons for a minute.
- **UNITS**: Select metric (**KG/CM**) or imperial (**LB/FT**) units.
- **LANGUAGE**: Select **ENGLISH, DEUTSCH, ESPAÑOL, FRANÇAIS** or **ITALIANO**.

6. CUSTOMER SERVICE INFORMATION

Caring for Your Heart Rate Monitor

Wrist Unit: Clean with a mild soap and water solution, dry with towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose to direct sunlight for extended periods.

Transmitter: **Detach the transmitter connector from the strap and rinse the strap under running water after every use.** Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel, wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40ºC/104ºF or at lest after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately. Wash the strap in a washing machine before long-term storage, and always after use in pool water with high chlorine content.

Service

Your Polar F11 Heart Rate Monitor is designed to help you achieve personal fitness goals, indicate the level of physiological strain and intensity during an exercise session. No other use is intended or implied.

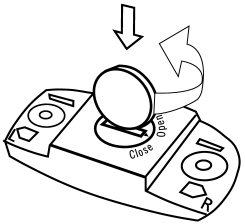
During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Changing Wrist Unit Batteries

Do not open the wrist unit yourself. To ensure water resistance properties and the use of qualified components, the wrist unit battery should be replaced by an authorized Polar Service Center only. At the same time, a full periodic check of the heart rate monitor will be done.

A low battery symbol will appear when 10-15% of the battery capacity is left. The backlight and sounds are automatically deactivated. Excessive use of the backlight drains the battery more rapidly. In cold conditions, the low battery indicator may appear, and disappear again when you return to a warmer environment.

Changing Transmitter Batteries



1. Open the battery cover by turning it counterclockwise to OPEN using a coin.
2. Place the battery inside the cover with the positive (+) side facing the cover.
3. Make sure the sealing ring is in the groove to ensure water resistance.
4. Place the cover with the battery inside it into the connector. Press the cover in place and close it by turning clockwise from OPEN to CLOSE using a coin.

In order to ensure maximum life span of the battery cover, open it only when you need to change the battery. Change the sealing ring of the battery cover every time you change the battery. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers only.

Keep the batteries away from children. If swallowed, contact a doctor immediately.

Batteries should be disposed of properly according to local regulations.

Precautions

Minimizing Possible Risks

Exercise may include some risk. Before beginning a regular exercise program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. If you feel unexpected pain or excessive fatigue when exercising, stop the exercise or continue at a lighter intensity.

If you have a pacemaker, defibrillator or other implanted electronic device, you use the Polar heart rate monitor at your own risk. Before starting use, take a maximal exercise stress test under the supervision of a physician. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar heart rate monitor.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation.

The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, possibly staining light-colored clothes.

If you use insect repellent on your skin, make sure that it does not come into contact with the transmitter.

When in non-coded mode, the wrist unit picks up transmitter signals within 1 m / 3ft. The frame around the heart symbol on the bottom of the display indicates that transmission is coded. Coding blocks interference from nearby heart rate monitors.

Polar F11 may be worn when swimming. To maintain water resistance, do not press buttons under water. For more information visit at http://support.polar.fi.

Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on the case back	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant	x	-	-	-	Splashes, raindrops etc.
Water resistant 50m	x	x	-	-	Minimum for bathing and swimming
Water resistant 100m	x	x	x	-	For frequent use in water but not SCUBA diving

Electromagnetic disturbances may occur near high-voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones, or at electric security gates. To avoid erratic readings, move away from possible sources of disturbance.

Exercise equipment with electronic components may cause interfering stray signals. To tackle these problems, try the following:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the wrist unit around until you fi nd an area in which it displays no stray reading or does not fl ash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as much as possible.

If the heart rate monitor still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

Troubleshooting

If you don't know where you are in the menu, press and hold BACK until the time of day is displayed.

If there are no reactions to any buttons, reset the wrist unit by pressing all the buttons simultaneously for two seconds. All other settings but time and date are saved.

If the heart rate reading becomes erratic, extremely high or shows nil (00), make sure that there are no other heart rate transmitters within 1 m/3 ft and that the transmitter strap/the textile electrodes fit snugly and are moistened, clean and undamaged.

If the heart rate measurement does not work with the sports apparel, try measuring using the strap. If it works, the problem is most probably in the apparel. Please contact the apparel retailer/manufacturer.

Strong electromagnetic signals can cause erratic readings. If the abnormal reading continues despite moving away from the source of disturbance, slow down and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

A cardiac event may have altered your ECG waveform. In this case, consult your physician.

If heart rate measurement does not work despite the actions mentioned previously, the battery of your transmitter may be empty. For information about changing batteries, see page 37.

Technical Specification

Wrist Unit

Battery type	CR 2032
Battery life	Average 1.5 years (1 h/day, 7 days/week exercise)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Polyurethane
Back cover and wrist strap buckle	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy	Better than ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	± 1% or ± 1 bpm, whichever larger, defi nition applies to steady state conditions.

Transmitter

Battery type	CR 2025
Battery life	Average 2 years (1 h/day, 7 days/week)
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	35% Polyester, 35% Polyamide, 30% Polyurethane

Limit values

Chronometer	23 h 59 min 59 s
Heart rate	30 - 199 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535
Birthday	1921 - 2020

System Requirements

Polar WebLink	PC, Windows® 98/98SE/ME/2000/XP/Vista, Sound card, Microphone
Polar UpLink Tool	PC, Windows® 98/98SE/ME/2000/XP/Vista, Sound card, Dynamic loudspeakers or headphones

Guarantee and Disclaimer

Limited Polar International Guarantee

This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.

Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/ purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.

Please keep the receipt or stamped Polar Customer Service Card as a proof of purchase!

The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.

The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidential, consequential or special, arising out of, or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.

This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/ purchase contract.

© 2007 Polar Electro Oy, FIN-90440 KEMPELE, Finland.

Polar Electro Oy, FIN-90440 KEMPELE, Finland. Polar Electro Oy is a ISO 9001:2000 certified company. All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy. The names and logos marked with a ™ symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy, except that Windows is a trademark of Microsoft Corporation.

Disclaimer
The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.

Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is protected by one or several of the following patents: FI55293, FI88223, US5491474, DE4215549, GB2257523B, FR92.06120, HK113/1996, SG9591671-4, FI110303, WO96/20640, EP 0748185, US6104947, US6714812, FI114202, US 6537227, EP 1055158, US5719825, US58048027. Other patents pending.

Manufactured by Polar Electro Oy, Professorintie 5, FIN-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.fi

CE 0537 This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.

Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.